

Focus Area 19: Nutrition and Overweight

Objective 19-2 targets an overall reduction in the adult (ages 20 years and older) obesity prevalence rate to 15.0 percent.

According to data collected by the California Health Interview Survey (CHIS), the age-adjusted obesity prevalence rates for adults aged 20 years and older increased significantly from 19.9 percent in 2001 to 20.9 percent in 2003 (Figure 19-2, Table 19-2). California's adult obesity rates remain significantly higher than the HP2010 target of 15.0 percent, and are moving away from the target.

Age-adjusted obesity prevalence rates for adult females increased significantly from 19.7 percent in 2001 to 20.3 percent in 2003, and for adult males increased significantly from 20.0 percent in 2001 to 21.4 percent in 2003. No significant differences were found in adult obesity prevalence rates between females and males. This HP2010 objective is not being achieved for either gender as of 2003, and rates are moving away from the target.

Data by race and ethnicity show that Pacific Islanders had significantly higher adult obesity prevalence rates than any other racial or ethnic population in 2001 (33.6 percent), but their rate had declined significantly to 25.6 percent in 2003. African Americans/Blacks experienced significantly higher age-adjusted adult obesity prevalence rates than any other racial or ethnic population in 2003 (30.8 percent), and their rate had significantly declined from 31.8 percent in 2001. The next highest adult obesity prevalence rates were found for the American Indian/Alaska Native population, with no significant change between 2001 (29.5 percent) and 2003 (29.1 percent). The Hispanic/Latino population experienced the third highest adult obesity prevalence rates, with a significant increase from 27.6 percent in 2001 to 28.7 percent in 2003. The HP2010 objective was not being achieved for any racial or ethnic populations except for Asians, whose adult obesity prevalence rates increased significantly from 5.4 percent in 2001 to 7.0 percent in 2003.

For more information on adult obesity in California, visit the California Obesity Prevention Initiative (COPI) Web site at:

<http://www.dhs.ca.gov/ps/cdic/copi/default.htm>

Also see the CDC's obesity Web site at:

<http://www.cdc.gov/nccdphp/dnpa/obesity/>

For more information on Healthy People 2010 objective 19-2, please visit:

http://www.healthypeople.gov/Document/HTML/Volume2/19Nutrition.htm#_Toc490383123
and

<http://www.healthypeople.gov/Document/html/tracking/od19.htm#weightstat>

Figure 19-2.
Adult Obesity Prevalence Rates, Ages 20 & Older
California, 2001 and 2003

Healthy People 2010 objective = 15.0 percent

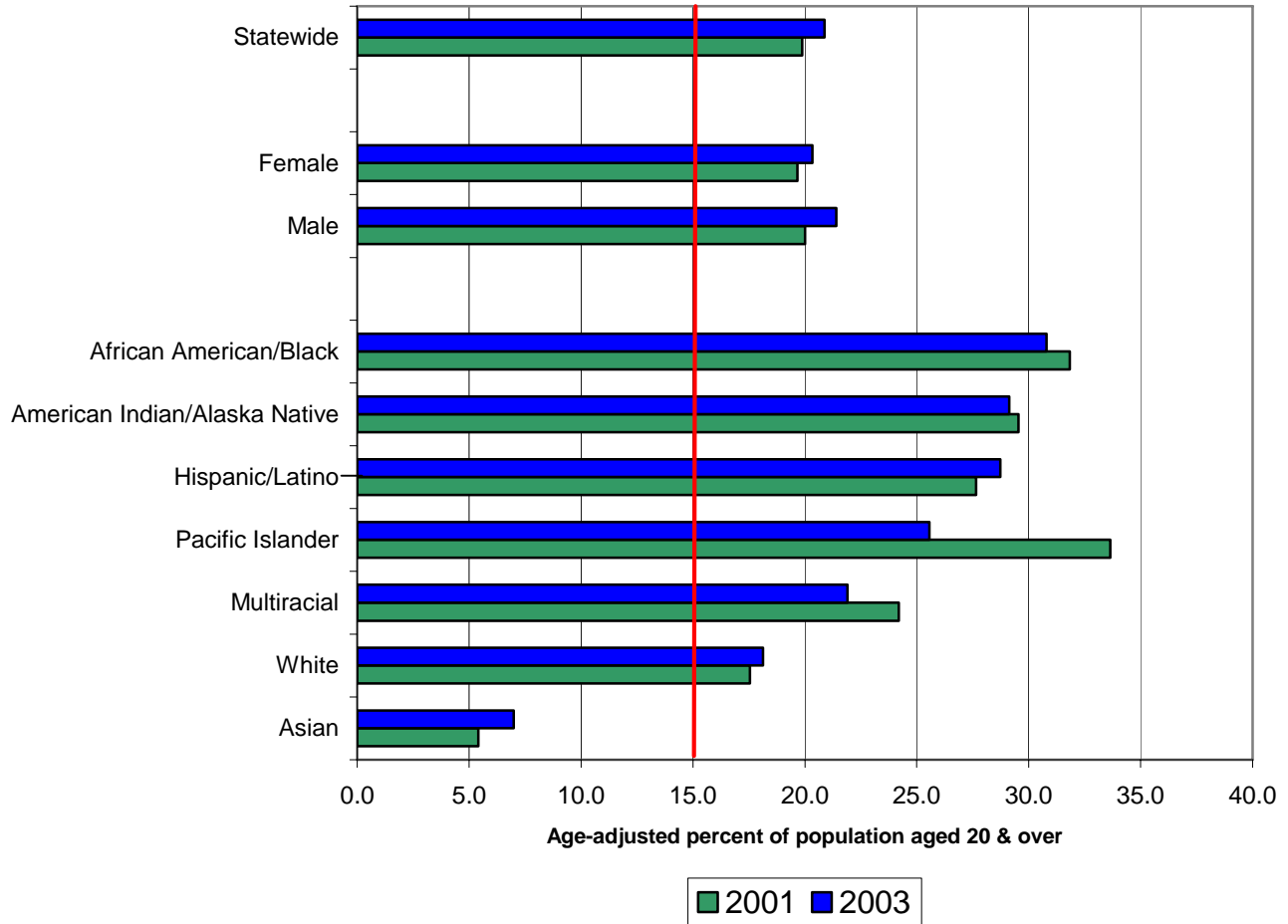


Table 19-2. Adult Obesity Prevalence Rates, Ages 20 Years and Older, California 2001 and 2003

| HP2010 Objective 19-2 | CHIS 2001 | | | | CHIS 2003 | | | | Statistically |
|-----------------------------------|----------------|-------------------|-------------------------|-------------------------|----------------|-------------------|-------------------------|-------------------------|-------------------------------------|
| | N ¹ | Rate ² | Lower C.I. ³ | Upper C.I. ³ | N ¹ | Rate ² | Lower C.I. ³ | Upper C.I. ³ | Significant Difference ⁴ |
| Healthy People 2010 Target | | 15.0 | | | | 15.0 | | | |
| Statewide Total | 4,842,165 | 19.88 | 19.87 | 19.90 | 5,294,448 | 20.88 | 20.86 | 20.90 | Sig. + |
| Race-Ethnicity | | | | | | | | | |
| African American/Black | 486,930 | 31.83 | 31.74 | 31.92 | 499,562 | 30.80 | 30.72 | 30.89 | Sig. - |
| American Indian/Alaska Native | 44,769 | 29.54 | 29.27 | 29.82 | 52,686 | 29.13 | 28.89 | 29.38 | ns |
| Hispanic/Latino | 1,923,094 | 27.64 | 27.60 | 27.68 | 2,187,265 | 28.73 | 28.70 | 28.77 | Sig. + |
| Pacific Islander | 26,240 | 33.65 | 33.24 | 34.05 | 21,341 | 25.57 | 25.23 | 25.91 | Sig. - |
| Multiracial | 81,389 | 24.19 | 24.03 | 24.36 | 79,082 | 21.90 | 21.75 | 22.06 | Sig. - |
| White | 2,183,170 | 17.54 | 17.52 | 17.57 | 2,279,542 | 18.13 | 18.11 | 18.15 | Sig. + |
| Asian | 154,549 | 5.41 | 5.38 | 5.44 | 204,295 | 6.99 | 6.96 | 7.02 | Sig. + |
| Gender | | | | | | | | | |
| Female | 2,431,839 | 19.66 | 19.63 | 19.68 | 2,610,844 | 20.33 | 20.31 | 20.35 | Sig. + |
| Male | 2,398,698 | 20.01 | 19.98 | 20.03 | 2,679,297 | 21.41 | 21.38 | 21.43 | Sig. + |

SOURCES: California Department of Health Services, Center for Health Statistics, California Health Interview Survey (CHIS); California Department of Finance, Demographic Research Unit, *Race/Ethnic Population with Age and Sex Detail, 2000-2050*, May 2004.

NOTES: * Obesity operationally defined in HP2010 objective 19-2 as a Body Mass Index (BMI) of 30 or greater;

¹ Estimated number of persons aged 20 years and older who were obese;

² Age-adjusted prevalence rate (percent of population aged 20 years and older); *HP2010 Statistical Notes*, No. 20, Jan. 2001; age-adjustment weights from distribution #12: 20-39 years; 40-59 years; 60 years and older.

³ Ninety-five percent (95%) lower and upper confidence intervals.

⁴ Sig. + Statistically significant increase in age-adjusted obesity prevalence rates ($p < .05$);

Sig. - Statistically significant decrease in age-adjusted obesity prevalence rates ($p < .05$);

ns Not statistically significant.

Estimated numbers are calculated independently and may not add to Statewide Total.